

THE  
DRUNKEN  
COOBKOOK



*Milton Crawford*

# Contents

Cover

About the Book

All about Milton

Title Page

Introduction

What's the Drunken Diagnosis?

- The One-Legged Standing Test

- The Reflex Ruler Test

- The Memory Test

- The Mood Test

The Results

- The Bubble

- The Puppy

- The Oscar

- The Duracell

- The Penguin

- The Newt

The Tipsy Store Cupboard

The Recipes

The Drunken Carnivore

- Chargrilled smoky harissa chicken

- Cheat's cassoulet

- Chicken livers, bacon and mushrooms on toast

The Philly cheesesteak sandwich  
Seared rare beef fillet with Parmesan  
Spicy Thai-style pork burgers with a cucumber and peanut salad

#### Steaming Hot

Calcutta-style seekh kebab rolls  
Chicken tikka kebabs with kebab-shop salad  
Henry and Lisa's Montserrat-style chicken wings  
Pakistani lamb kofta  
Chargrilled vegetable and cheese quesadilla  
Quick couscous chicken biryani

#### Well-Oiled

Backhendl (Austrian fried chicken) with Styrian potato salad  
Fried broccoli with anchovies, garlic, chilli and capers  
Pork schnitzel sandwich with cheese and chilli  
Spanish-style fried garlic-prawn baguette  
The fried mushroom burger  
Spicy smoked tofu burgers

#### Sloshed Starch

Authentic smoky chicken burrito  
Fettuccine with meatballs and cheese  
Home-made potato gnocchi with a rich ragú  
Milton's baguette, butter and plum jam pudding  
Pad Milton  
Twice-baked potatoes with curry paste, cheese and peas

#### Plastered Party Food

Bacon and chive mini-röstitis  
Baked Camembert with rosemary and thyme  
Bruschetta with olives and anchovies  
Crostini with tuna and caper berries  
English cheese fondue with perry

Steak haché sliders on toasted brioche

## Boozy Desserts

Crêpes Tom Foster

Caramelised rum mango with vodka lime jelly

Milton's tipsy trifle

Sherry and ginger log

The Big Lebowski sundae

## Vittles and Vine

Arnold Bennett omelette with white Burgundy

Curried monkfish and mussels with Gewürztraminer

Salt cod croquettes with manzanilla

Seared scallops, smoked lardons and black pudding with  
porter

Stuffed grilled mussels with Innis and Gunn Blonde

Venison sausages with cider sauce and scrumpy

## Acknowledgements

Final disclaimer

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## About the Book

From Milton Crawford, author of the bestselling *The Hungover Cookbook*, comes *The Drunken Cookbook*, a witty and entertaining culinary companion for GUIs (gastronomes under the influence).

Whether it's a quiet pint of ale in a well-heeled watering hole or Jäger bombs at 2a.m., one thing always follows a drink: hunger. All too often we cave in to the booze munchies and settle for kerbside cheesy chips or a dreadful doner kebab. There is another way. A better way.

Unlike driving, texting and neurosurgery, cooking can be improved by a drinking session. This book offers delicious recipes tailored to your level of tipsiness and perfect for soaking up the worst of it. Spicy Thai-style pork burgers, a quick couscous chicken biryani or authentic smoky burritos can be delectable and, more importantly, achievable with *The Drunken Cookbook* in hand.

## All about Milton

Milton Crawford made a name for himself with *The Hungover Cookbook* (2010), which brought him global notoriety, and soon after (in 2011) he won the Bombardier Beer Writer of the Year. His passion for alcohol is matched by his love of food, travel, pubs and the outdoors. He finds that a strict regimen of exercise helps him to drink and eat greater amounts, recover faster and come back for more, sooner; this regime was, at least in part, inspired by the 2012 London Olympics. Thanks, Sebastian.

He believes, along with Baudelaire, that intoxication is an essential precondition of creative life. Alcohol is not entirely necessary for this, but for those lacking in imagination and means, it is the most readily available vehicle.

Milton divides his time between London, the New Forest, Austria and India, hoping that if he is able to spread himself thinly enough across enough of the planet, he will merge into some higher form of consciousness. This has not happened yet.

Milton stopped tweeting @miltoncrawford (as he tweeted using the same hand as he was using to hold his glass, and it all got too much) but may start again at some point in the future.



THE  
**DRUNKEN**  
COOBY BOOK

*Milton Crawford*



SQUARE PEG





If you're  
struggling to  
read this, then  
you probably  
shouldn't be  
trying to cook.

Cooking tends to involve plenty of hazards such as sharp knives, hot surfaces, boiling water and the very real possibility of fire. The author and publisher would like to point out that

it is you – rather than us – who is responsible for any kind of inebriated state that you might find yourself in. We are therefore unable to accept any responsibility either for your drunken condition, or for any accidents or misadventures you may have while using this cookbook. That said, we urge you to take every possible precaution to ensure you do not harm yourself or others in any way. We have pointed out dangers, and included safety instructions in the recipes where applicable, but suggest that you also use your own common sense. And, if you think that you may,

at least temporarily, be lacking in that commodity, then we politely suggest that you get out of the kitchen and let someone else do the cooking for you. Or get a takeaway. Or go to bed.

ALCOHOL DIMINISHES OUR inhibitions. It makes us more likely to be adventurous; to speak to someone we wouldn't normally speak to, do something we normally wouldn't do, go somewhere we normally wouldn't go. It tempts us to redefine the limits we unconsciously ring-fence our lives with: to abandon caution, to speak honestly rather than gloss over the truth, to extend metaphors beyond the pale. In other words alcohol offers, however dishonestly, a taste of freedom, which is one of the reasons why it can be so dangerously addictive. It also offers the opportunity for other forms of experimentation and adventure in different areas of our lives – and, for the purposes of this book, I'll mainly be talking about the kitchen.

Whether it be on returning home from the pub after a quick drink with colleagues on a weekday, or having invited friends round at 3 a.m. after a hard night on the tiles, the tipsy gastronome has the opportunity to explore tastes and flavours that they might previously have dismissed, but that now suddenly make more sense.

Intensity is important – the dipsomaniacal gourmet embraces strong, bold flavours: salty, smoky, spicy, unctuous and garlicky. We are interested in umami and pickles, the sharp slice of raw onion cutting through cheese, the powerful punch of chilli spiking pork fat. It may be a little crude, but then the inspiration for these recipes comes from bar snacks, street food and takeaways rather than Michelin-starred restaurants – food that is prepared quickly to deliver a big and satisfying hit.

Practicality also has to play a role: the recipes contained within this book are designed to be simple enough for a person who is moderately incapacitated, and quick enough to prepare before the eyes glaze over. Safety is also a consideration – deep-fried food has not been included, for example.

But this is not just a cookbook for complete inebriates, whose compass is not aligned with their mentis (whatever the hell that is). They are already well catered for by kebab shops, curry houses and chip shops. This is more a playful tome for all kinds of gastronomic adventure; alcohol is the schooner for our voyage on the seas of culinary creativity, booze is our boat across oceans of bacchanalian kitchen-craft...

Now, what was I saying about extending metaphors...?





WHAT'S THE  
DRUNKEN  
DIAGNOSIS?

—

Are you three  
sheets to the  
wind, or have  
the sheets blown  
away entirely?

Hint: if you've no idea what I'm talking about,  
drop the book right now and walk away.